



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

March 2001

SPACE COAST CHAPTER, FEW 2001 - 2001 Officers and Committees

President	Aneta Ott
Finance	Clara Anderson
Newsletter	Rutha Williams/ Vickie Hall
NTP/RTP Planners	Connie Dobrin/ Barb Powell
Nominations	Arden Belt
Parliamentarian	Carolyn Burnham
President Elect	Connie Dobrin
Seminar	Becky Fasulo
Compliance/Diversity	Sue Gaines
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Vice President	Barb Powell
Programs/Publicity	Jean Grenville
Community Outreach	Dawn Partlow
Bylaws	Jane Eitel
Treasurer	Christy Vanasse
Membership	Patricia Leonard
Environmental	Valarie Franklin
Sunshine	Suzanne Worland
Secretary	Jane Eitel
Scholarships	Christy Vanasse
Legislation	Connie Dobrin
Historian	Carolyn Burnham
Past President	Vickie Hall
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NTP 2002 Chair	Clara Anderson
Regional Awards	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Vickie Hall

PRESIDENT'S MESSAGE



What a trip we had to the Regional Training Program in Pensacola, February 20-24th. Those in attendance were Vickie Hall, Clara Anderson, Jean Grenville, Connie Dobrin, Jane Eitel, Barbara

Powell and myself. The training was exceptional and gave us some insight for future projects. One of the many things that we gleaned was that some of us are elephants, others bumble bees and butterflies while others are porcupines. I am sure that you will hear more about that in the future. The bottom line is we need us all to keep our organization going strong. One of the many classes I attended was the "Color of Fear". Highly recommend it. It sure made me think again about things. Jeannette Miller, former National President, spoke to us on Friday about Grass Roots Efforts. I cannot speak for the rest of our group, but it certainly refreshed my memory about how important it is to be in touch with your elected officials to let them know what you like and do not like. For instance they are messing around with our Social Security. Did you know that Government workers are penalized for working for the Government in Social Security? I think it made us all aware of just how important it is to let our legislators know that we are unhappy. It can make a difference.

Habitat for Humanity has contacted us again to help build a home in Titusville. The date has not been set as yet, but we will let you know just when. We had a great experience the last time, and it was fun. So when the time comes, please make room in your busy schedule to lend a hand and help make someone's dream come true. You get to hammer, wear a hard hat and all. Just when do you have a chance to be so productive and have a great time?

What a wonderful turn out we had for our February meeting. It was great having a full room and everyone learned so much from Nancy Sieck on genealogy. Jean continues to do a great job every month on speakers. If you have not come to our meetings in a while, please do so. It is always a learning experience.

Looking forward to seeing each and every one of you at the Seminar. Have a great month.

Aneta

Calendar of Events

March

- 1 – 31 Women's History Month Celebration
- 7 & 8 FEW/FWPWG Seminar, Holiday Inn, Cocoa Beach
- 8 STS-102 Shuttle Launch, 6:42 a.m.
- 16 FEW Scholarship Applications Due
- 17 St. Patrick's Day ♣ and KSC All American Picnic at KARS I
- 20 STS-102 Shuttle Landing, 2:20 a.m.

April

- 1 Daylight Savings Time Begins
- 3 NTP Meeting, Hqs, 1460, 4 p.m.
- 6 – 8 FIRST National Robotics Competition, EPCOT - Orlando
- 7 Delta II/Mars Odyssey Launch, 11:02 a.m.
- 15 Easter Sunday 
- 17 – 20 Environmental & Energy Awareness Week @ KSC
- 19 FEW Membership Drive, KARS II, 4 p.m. – Come One and All!
- 19 STS-100 Shuttle Launch, 2:04 p.m.
- 23 – 27 Administrative Professionals Week
- 24 Community Leaders Breakfast @ KSC
- 30 STS-100 Shuttle Landing, 9:56 a.m.

MEMBERSHIP COMMITTEE

Patricia Leonard

This is a **FINAL** reminder that all **Membership Dues** were due February 1st so they could be forwarded to National by March 1st. So if you have not sent in your Membership Dues, we will keep you on the books until March 30th and then you will be deleted. Don't forget, you now have the option of paying dues by credit card. If anyone has any questions, call or email Patricia Leonard at: 321-867-8147(voice); 321-867-2097 (fax) or E-mail Patricia.Leonard-2@kmail.ksc.nasa.gov

SPACE COAST CHAPTER SCHOLARSHIPS

Christy Vanasse

The Space Coast Chapter of Federally Employed Women (FEW) is awarding scholarships for high school and/or college students who are currently attending college or enrolling in the fall semester 2001. Students must have a

GPA of 3.0 or higher to be considered. Applications should be received by March 16, 2001. For additional information or an application, please contact Jane Eitel/QA at 867-3433; Jean Rhodes/AJ at 867-9170; or Christy Vanasse/VA-1 at 867-3749.

Thoughts for the Day

"Life is 10% of what happens to you, and 90% of how you respond to it."

"Sometimes the majority only means that all the fools are on the same side."

"I don't have to attend every argument I'm invited to."

"Lead your life so you won't be ashamed to sell the family parrot to the town gossip."

"People gather bundles of sticks to build bridges they never cross."

PROGRAM COMMITTEE

Jean Grenville

Since the 22nd Annual Training Seminar was held in March, we will not have a monthly program and business meeting. We will be helping out at the KSC All American Picnic so hope to see you there.

Everyone please mark your calendars for a very special Membership Meeting on Thursday, April 19, 2001 at KARS II beginning at 4:00 p.m. It's right on your way home from work so please come and bring a guest – at least one. We will have Dr. Wendy Nickerson from Atlantic Counseling speaking to us about "Finding Yourself in the Workplace." We'll have a picnic of fried chicken, baked beans, salads and other goodies so come share some time with us and learn what we are doing in Federally Employed Women, Space Coast Chapter. There will be special door prizes awarded also.

A program and business meeting will be conducted in May, time and place to be decided. Since the 4th Monday comes on a holiday we will have to select a better meeting date but it will be during the week of May 21. We hope to have Dr. Peggy Moore with the Wendy Program at BCC as our speaker tentatively at the Olive Garden in Merritt Island. Come be with us and help us plan our installation and awards dinner, which is coming up in June. This is a very special occasion and we would like all of you to enjoy it with us.

The past two years we have invited past presidents and past members to attend and have really enjoyed the reunion with them. We look forward to seeing you in the near future!

SUNSHINE
Suzanne Worland



The following members have birthdays during the month of March

Jane Eitel	March 14
Clara Anderson	March 16
Karroll Purer	March 28
Jean Grenville	March 29

If you are not listed on the Birthday list, it's because we do not have your birthday in our books, please send an e-mail to Suzanne Worland with the day so that we can honor you on your special day.
Suzanne.Worland-1@ksc.nasa.gov

Happy Birthday!

Women's History Month
Submitted by Vickie Hall

How did March come to be Women's History Month?

In 1911 in Europe, March 8 was first celebrated as International Women's Day. In many European nations, as well as in the United States, women's rights was a political hot topic. Woman suffrage — winning the vote — was a priority of many women's organizations. Women (and men) wrote books on the contributions of women to history. But with the economic depression of the 1930s, which hit on both sides of the Atlantic, and then World War II, women's rights went out of fashion. In the 1950s and 1960s, after Betty Friedan pointed to the "problem that has no name" — the boredom and isolation of the middle-class housewife who often gave up intellectual and professional aspirations — the women's movement began to revive. With "women's liberation" in the 1960s, women's issues and women's history blossomed.

By the 1970s, there was a growing sense by many women that "history" as taught in school and especially in grade school and high school was incomplete. In the United States, calls for inclusion of black Americans and Native Americans helped some women realize that women were invisible in most history courses.

And so in the 1970s many universities began to include the fields of women's history and the broader field of women's studies.

In 1978 in California, the Education Task Force of the Sonoma County Commission on the Status of Women began

a "Women's History Week" celebration. The week was chosen to coincide with International Women's Day, March 8. The response was positive. Schools began to host their own Women's History Week programs. The next year, leaders from the California group shared their project at a Women's History Institute at Sarah Lawrence College. Other participants not only determined to begin their own local Women's History Week projects, but also agreed to support an effort to have Congress declare a national Women's History Week.

Three years later, the United States Congress passed a resolution establishing National Women's History Week. Co-sponsors of the resolution, demonstrating bipartisan support, were Senator Orrin Hatch, a Republican from Utah, and Representative Barbara Mikulski, a Democrat from Maryland. This encouraged even wider participation in Women's History Week. Schools focused for that week on special projects and exhibitions honoring women in history. Organizations sponsored talks on women's history. The National Women's History Project began distributing materials specifically designed to support Women's History Week, as well as materials to enhance the teaching of history through the year, to include notable women and women's experience.

In 1987, at the request of the National Women's History Project, Congress expanded the week to a month, and the U.S. Congress has issued a resolution every year since then, wide support, for Women's History Month. The U.S. President also issues a proclamation annually of Women's History Month. To further extend the inclusion of women's history in the history curriculum (and in everyday of history), the President's Commission on the Celebration of Women in History in America met through the 1990s. One result has been the effort towards establishing a National Museum of Women's History for the Washington, DC, area, where it would join other museums such as the American History Museum.

The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering these contributions.

As the Women's History Guide at About.com, it focuses on women's history 366 days a year. To honor this special month, I encourage you to explore this site, learning more about one important aspect of the history of all people. Women's history isn't just for women, although many women find that studying women's history helps them realize that women's place is everywhere.

Article taken from the following site:
<http://womenshistory.about.com/homework/womenshistory/>



GOVERNMENT NEWS & LEGISLATION

Connie Dobrin

CONGRESSMAN CALLS FOR FREEZE IN CONTRACTING

Concerned that federal dollars are being wasted contracting out services that could be performed for less money by federal employees, Rep. Albert Wynn (D-Maryland) has reintroduced a bill this session that would freeze federal jobs being contracted out until agencies can substantiate that the move will save taxpayers money. The bill introduced during this Congressional session is H.R. 721. It has been co-sponsored by more than 100 representatives. Last year, Rep. Wynn introduced a similar bill that received the support of more than 200 co-sponsors, but did not make much progress. Several federal employee groups and unions - such as the American Federation of Government Employees (AFGE) and the Federal Managers Association (FMA) - strongly support the legislation.

2 PERCENT PAY GAP PROMPTS CONGRESSIONAL LETTER TO BUSH

The Bureau of Labor Statistics has released data showing that the pay gap between federal, civilian employees and similarly situated private-sector employees is now 32 percent. While the 1990 Federal Employees Pay Comparability Act (FEPCA) was designed to close the pay gap between 1994 and 2004, a loophole in the act allowed federal employees to be given smaller raises. This disparity in federal and private-sector pay prompted eleven members of Congress to write to President Bush recently, urging him to increase pay and improve benefits for federal employees. In the letter, the lawmakers also expressed concern about the fact that premium costs for federal health insurance have risen between 9 and 10 percent annually for the past several years. The projected pay raise for federal employees is expected to be part of President Bush's FY 2002 budget, which will be released in March. The letter was signed by lawmakers in the Washington, D.C. area - Senators John Warner (R-Virginia), George Allen (R-Virginia), Barbara Mikulski (D-Maryland), Paul Sarbanes (D-Maryland), and Representatives Tom Davis (R-Virginia), James Moran (D-Virginia), Frank Wolf (R-Virginia), Elijah Cummings (D-Maryland), Steny Hoyer (D-Maryland), Connie Morella (R-Maryland), and Albert Wynn (D-Maryland).

BILLS ON CHILD CARE, BONUSES AND BENEFITS INTRODUCED

Several lawmakers in the House of Representatives have been busy introducing legislation designed to help federal employees in a variety of ways. For example, Rep. Gilman (R-New York) recently introduced H.R. 252, the Federal Employee Dependent Care Assistance Program. This program would allow federal employees an opportunity to participate in the dependent care assistance program, by setting aside a portion of their income tax in order to pay for child-care expenses. The Congressman likened the program to a medical savings account, and stated that it is widely used in the private sector and should be available to federal employees as well.

CAREER LADDER PROMOTIONS PERMITTED DESPITE HIRING FREEZE

Federal employees awaiting internal career ladder promotions and within-grade increases will not have these actions held up by President Bush's January 20th hiring freeze, according to a recent OMB bulletin. Shortly after taking the oath of office, President Bush instructed departments and agencies that no hiring decisions could be made until they were reviewed and approved by Bush political appointees. This move was meant to ensure that the new presidential appointees would have the opportunity to make personnel decisions consistent with President Bush's goals for government reform. On January 22nd, the Office of Personnel Management (OPM) issued a memorandum stating that the restrictions on new hiring extended to all personnel decisions, including reassignments and promotions. However, in a recent bulletin providing additional guidance to agency and department heads, the Director of OMB, Mitchell Daniels, explained that certain hiring decisions are exempt from the freeze on new hiring. Specifically, placements under the Career Transition Assistance Program; conversions to the competitive service by those completing qualified employment programs; placements of those returning to work after an injury or military duty; and career ladder promotions and within-grade increases, as stated above, can all move forward without being approved by a Bush political appointee.

MORE USE OF GENERIC DRUGS URGED

A newly introduced Senate bill (S-186) would generally require that government health insurance programs, including the Federal Employees Health Benefits program, use generic drugs unless the name-brand version is specifically prescribed by the doctor or requested by the patient. Thus, while the measure wouldn't absolutely mandate use of generics, there

would be a presumption to use them unless steps were taken to prevent it. Use of generics currently is encouraged but not as strongly as the bill proposes.

Cost Saving is Goal

The goal of the generic drug proposal (see item 8) is to hold down the growth in prescription drug costs, which account for 20 percent of total program costs. Increases in drug costs have been a main driver of the large premium increases in the FEHB for the last four years - accounting for 40 percent of the total rise in premiums this year. Sponsor Sen. Tim Johnson, D-S.D., said that in 1997 a third of all prescriptions under the FEHB were for generic drugs and that raising that portion to just a half would cut the program's prescription drug costs by 15 percent.

THRIFT SAVINGS PLAN

The percentage of salary investment limits in the Thrift Savings Plan will rise and then be abolished, although a dollar cap still will apply under terms of the budget package enacted just before Congress adjourned for the year. The measure raises the maximum amounts that can be deducted from employee salaries each pay period effective with the TSP open season that begins May 15, 2001 to 11 percent for those under the FERS retirement system and 6 percent for those under the CSRS system, up from the current 10 and 5 percent limits, respectively. Effective with the open season beginning next November 15, the percentage limits will rise by another point, to 12 percent for FERS and 7 percent for CSRS.

Limits on a Phase-Out Schedule

Under the measure, the TSP investment limit rises by 1 percentage point at the start of each fiscal year until it will reach 15 percent for FERS and 10 percent for CSRS in fiscal 2005. Effective in fiscal 2006, the percentage limits will be abolished. Many federal employees, along with some in Congress, have argued for years that the percentage limits were unfair and worked against the purpose of the program, which is to encourage individuals to save for their own retirement. The gradual implementation schedule was created to overcome objections to the loss in tax revenue that will result from employees making higher contributions, which are made with pre-tax money.

NEW FROM OPM: LONG TERM CARE INSURANCE PROGRAM INFORMATION

Federal Human Resources professionals and managers might want to make a note of the new page on the Office of Personnel Management (OPM) Website that will provide updates on the Long Term Care Insurance (LTCI) Program. In the first of a new series of Benefits Administration Letters (BAL Series 900), OPM

announced that it has created the Office for Long Term Care Implementation to oversee the myriad of activities that will be necessary to start up this major new program. OPM plans to use the Website <http://www.opm.gov/insure/ltc> as the major vehicle to pass on LTCI information to federal employees.

A Bit of Trivia

-The citrus soda 7-UP was created in 1929; "7" was selected because the original containers were 7 ounces. "UP" indicated the direction of the bubbles.

-Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

-Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

22ND ANNUAL TRAINING SEMINAR

Becky Fasulo

Thank goodness for a good and efficient committee! Space Coast Chapter can be proud that we can put on such an excellent training program year after year. I received many compliments on the Seminar and think everyone enjoyed their day of training and networking. Our keynote speaker, Carol Clendinen, did an excellent job of getting everyone very motivated. I want to give special thanks and recognition to our "Partners" - FWPWG. They not only helped out with the hostessing, but also recruited the lunchtime speaker, Col. Carol Boone, who was an excellent speaker. The workshops were very well received also. So I am confident in saying that the 22nd Annual Training Seminar was a success! Thanks to all that helped - everyone did an outstanding job!

SAFETY AT WORK

Submitted by Ann Montgomery

The following was a letter sent out by the Deputy Director of Safety and Mission Assurance to Distribution at the Kennedy Space Center. Although the data was gathered for the Space Center, I am sure the trend may also be present in your Agency.

"In the interest of safety, I want to share some data with you. Safety and

Mission Assurance collects the lost time data for everyone on Center and analyzes this data to spot trends. The NASA data for the last two years (FY 1998 and FY 1999) and for this quarter of FY 2000 is enclosed.

The leading cause of lost time is slips, trips and falls. One of the interesting trends is that the injuries from these falls are occurring in women and the trend seems to be in women over 40. We have interviewed a focus group of the women who fell and no common cause could be identified. We also obtained injury data from the other NASA centers. Only two of them had similar trends, but neither of those came close to our experience.

The message I want to give applies to everyone. Be vigilant. Use handrails. Slow down. Pay attention to your surroundings. Don't read something while you are walking. Be aware of the hazards of clothing and shoe styles (slick bottoms on new shoes, loose shoes, long skirts, etc.). Be careful.

Because we want a safe, healthy workforce, I want to make this data available in the hope that we can prevent injury through awareness. If just one person avoids the pain of a fall, it will be worth it. And because I am in the target group, I am taking my own advice. Have a safe, healthy New Year."

Good words of advice for all of us!

"You will never find time for anything. If you want time, you must make it."

Charles Buxton

"The secret of your future is hidden in your daily routine."

Mike Murdock

"It takes time to save time."

Joe Taylor



2002 FEW National Training Program (NTP)

Clara Anderson

A lot has happened in the last few months. The logo and theme was approved in October, and the cover for the Registration and Program Book was approved at the Board of Directors Meeting in Galveston March 3, 2001. A tri-fold was developed for the Sponsorship and Agency Visit Packages. The skit we are going to present at the 2001 NTP in Indianapolis is in work. We have sent out the Request for Proposal (RFP) for the exhibit decorating services and have received bids back. We will be reviewing those bids and selecting a decorator in the several weeks. We are meeting with a hotel in Orlando that will serve as the overflow hotel for the Rosen Centre. We have received an EIN from IRS so that we can open our checking account. We are in the process of developing a RFP for the NTP registration. The Chapter has to prove that we can do the job. We have found an excellent software program that can produce the type of reports that we need with no effort at all. As you can see, a lot of activity has taken place and there's much more to accomplish.

Additionally, the FEW National Executive Committee will meet May 25 and 26 at the Rosen. We'd like the members of the Space Coast Chapter to attend and check out the hotel too. More information will be sent to you on that.

Southeast Regional Training Program (RTP)

Jean Grenville

Seven Space Coast Chapter members traveled to Pensacola on Tuesday, February 20, 2001 for the Southeast RTP entitled Odyssey 2001: A Quest for Knowledge. This was one of the best RTP's this member has attended. The Pensacola Chapter was so hospitable and made us feel very welcome – everyone who attended was friendly and helpful and we did some great networking.

The classes were particularly interesting to everyone. There were sessions on Domestic Violence, Money Management, Hospice Information, Breast Care, Social Security and Women, Federal Retirement and Life Insurance, Income Tax and Your Retirement Deposit, Leadership and Management in the Work Place, and many others. The Color of Fear I & Color of Fear II followed a group of eight ethnically diverse men who discuss racism and cultural identification in America.

The reception was a buffet and Mardi Gras celebration. It was lots of fun and again the networking was exceptional. Everyone pitched in to get things ready for the reception.

The Southeast Regional Board Meeting was held on Thursday evening. Our NTP 2002 Chair, Clara Anderson, gave the attendees an update on NTP 2002 progress and asked for their help with the reception and skit at the 2001 NTP in Indianapolis in July. Our president, Aneta Ott, gave a report of Space Coast Chapter activities.

Friday's session was a continental breakfast and presentation on Grassroots Lobbying. Past President, Jeanette Miller, presented pending legislation of interest to FEW members and their families and what we can do to help by writing and calling our legislators.

Space Coast Chapter members returned Saturday afternoon, tired but glad to have participated in such a great training seminar.



K | American Picnic **Vickie Hall & Dawn Partlow**



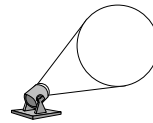
The 2001 KSC All American Picnic was a great success with over 5,000 attendees. The weather was good, the entertainment mighty fine, and there was a whole bunch of fun for one and all!

Special THANKS to the following FEW members and their family for supporting the picnic. Aneta Ott; Arden Belt; Barb Powell; Becky Fasulo; Clara Anderson, Connie Dobrin, Dawn & Paul Parlow;

Jean Grenville; and a few of Vickie's family members (Becky Niemi, Linda Morgan, Toni Ballard and of course as always, her wonderful husband, Jim Hall).

FEW Cookbooks **Submitted by Clara Anderson**

FEW is going to sell cookbooks on CD (FEW'sion Cuisine) at the 2001 NTP. Maggie Gaukler will take recipes to add to the CD until 15 April. She'd like any recipes you'd care to add. Email her at alohame@prodigy.net. FEW is using this as a fundraiser. Help if you can!



MEMBER SPOTLIGHT **Linda Bradley**

I have worked in the Space Program for 26 years and relocated to work at the Kennedy Space Center in 1990 with the Hubble Program. Originally from Los Gatos, California, I have a 32-year-old son who is a Civil Engineer for the State of California and his wife is a Doctor of Orthopedics. I am currently President of the National Association of Women in Construction, Treasurer and Executive Board Member of the Space Coast World Trade Council, Vice President of the Kennedy Pointe Yacht Club Condo Association, Member of the Society of Women Engineers and FEW NTP 2002 Sponsorship Chairperson.

I currently work for United Space Alliance as Staff to the Director of Ground Systems Support and the Construction of Facilities Coordinator for USA. I was recently selected as a Space Flight Awareness Honoree for the STS-102 launch last week and had a wonderful time at all the events. I leave for Houston (JSC) for the second part of the Honoree program on March 20th. I enjoy traveling and have been all over the world several times. I also enjoy fundraising, politics and event organizing.

Women's Leadership Conference **Judy Kersey**

On behalf of the Society of Women Engineers, the U. S. Department of Labor Women's Bureau Region 4 and NASA/Kennedy Space Center, I would like to invite you to participate in the Women's Leadership Conference to be held March 30, 2001 in Cape Canaveral, Florida. This meeting is a continuation of the dialogue begun in September when NASA and the Department of Labor hosted the Women's Launch Conference at the Kennedy Space Center, Florida. The goal of the meeting remains the same, "to create solid and efficient partnerships between participating organizations that encourage girls to study--and women to pursue careers in--math, science, engineering, and technology."

The Society of Women Engineers (SWE) will host the event with support from the U. S. Department of Labor Women's Bureau Region 4 and NASA Kennedy Space Center. As a kickoff for the meeting, Gail Mattson, SWE National President

will discuss the partnership formed between SWE, the Association for Women in Science (AWIS), and the Women in Engineering Programs Advocates Network (WEPAN) to support and advance the recommendations of the Congressional Commission on the Advancement of Women and Minorities in Science, Engineering and Technology Development (CAWMSET). The remaining morning agenda will concentrate on a review of existing partnerships among the participants and any barriers to forming partnerships. Approaches to removing these barriers will be sought. The afternoon will be devoted primarily to the search for new partnerships. For those who can come early, there will be a tour of the Kennedy Space Center on Thursday afternoon.

If you wish to attend, please contact Judy Kersey at 321-783-4644. The Society and it's Board of Directors is excited about the opportunity the conference will provide to advance the efforts of all the organizations involved toward enhancing the participation of women in science, engineering and technology. Please join us!

Sincerely,

Judy Kersey
SWE Southeast Region Director
H: 321-783-4644 F: 321-784-5871
e-mail: judy.kersey@swe.org

HEALTH CORNER
Submitted by Connie Dobrin

SLICE YOUR DIABETES RISK

Here's a new reason to switch from white bread to whole wheat: You may slash your diabetes risk. A report from the ongoing Harvard Nurses Health Study says that women who eat as few as two to three servings of whole grains a day cut their diabetes danger by about 30 percent. Why? It's thought that a

pattern of sudden rises and falls in blood sugar encourages diabetes. Because whole grains take longer to be digested, they don't cause this (refined, sugary foods do), giving the pancreas more time to make insulin to handle the changes. Also, whole grains contain certain nutrients, such as magnesium and antioxidants, which appear to protect against diabetes.

THANKS FOR ALL THAT YOU DO!

Did Anyone Ever Tell You,
Just How Special You Are
The Light that You Emit
Might even Light a Star

Did Anyone Ever Tell You
How Important You Make Others Feel
Somebody out here is Smiling
About Love that is so Real

Did Anyone Ever Tell You
Many Times, When They were Sad
Your E-mail made Them Smile a bit
In Fact It made Them Glad
For the Time You Spend Sending Things
And Sharing whatever You Find
There are No Words to Thank You
But Somebody, Thinks You're Fine

Did Anyone Ever Tell You
Just How Much They Love You
Well, My Dearest Friend
Today I am Telling You

Space Coast Chapter Newsletter Editor
Rutha Williams



This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Rutha Williams at QA-D or e-mail Rutha.Williams-1@kmail.ksc.nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

FEDERALLY EMPLOYED WOMEN, INC.

Space Coast Chapter Membership Application

New Applicant		Renewal		Previous Member		Change of Membership Info	
Name				Membership Number			Birth Date
Home Address							
City, State, Zip							
Home Phone							
Agency/Company							
Mail Code/Address							
City, State, Zip							
Work Phone				E-mail Address			
<i>Committees you would like to work on or Chair</i>							
Finance		Bylaws		Seminar		Programs	
Legislative		Historian		Scholarships		Sunshine	
If interested in serving as a Chapter Officer, please indicate which office							
President		President Elect		Vice President		Secretary	
				Treasurer			
If you would like Space Coast Chapter to address a specific issue or provide a program covering a specific topic, please let us know here:							
METHOD OF PAYMENT							
Total Amount Due: \$30							
Cash or Check			Amount Paid			Check No.	
Charge to the following Credit Card				Visa	Master Card		
Card Number					Expiration Date (MM/YY)		
Please Print Cardholders Name (as it appears on card)				Signature (Credit Cards Only)			

The following information is requested by the National Office for statistics only.

Position/Title: _____ **Series/Grade:** _____

Circle One: SES GM GS WG Military Other

Membership dues are to be paid February 1st of each year. However there is a pro-rated fee schedule for those joining after March 1st. Please contact the Membership Chairperson, Patricia Leonard, 867-8147, XA-D1, if you have questions concerning your dues.